# THE DIABETIC'S DIET:
## An Endocrinologist's Perspective

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Hawaii Dietetic Association Annual Meeting
May 8, 2015

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## LEARNING OBJECTIVES:

1. Encourage exploration of factors/barriers to an individual's dietary habits so that more effective guidance can be tailored to the patient's needs.
2. Adopt a holistic and comprehensive approach in the nutritionist's role in promoting good health and wellness.

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"What do you mean there's no such thing as a diabetic diet?"

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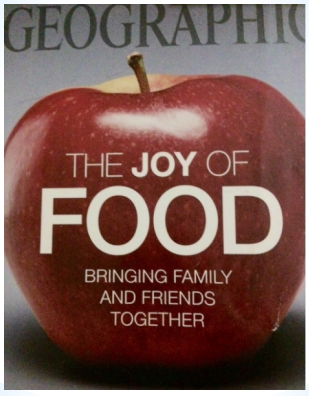
GEOGRAPHIC
THE JOY OF
FOOD
BRINGING FAMILY
AND FRIENDS
TOGETHER

## PATIENT QUOTES

"I hardly eat."
"I'm not eating rice."
"I'm eating brown rice."
"I'm drinking orange juice for vitamin C."
"I'm eating bananas for potassium."
"I thought fruit was good for you."

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## PATIENT QUOTES

"I thought nuts were good."
"I'm eating late."
"I just ate."
"I'm drinking skim milk."
"I'm eating low fat yogurt."
"I gained weight because I'm not exercising."

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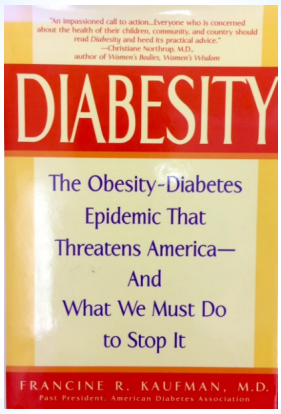
"An impassioned call to action...Everyone who is concerned about the health of their children, community, and country should read Diabesity and heed its practical advice."
—Christiane Northrup, M.D.
author of Women's Bodies, Women's Wisdom
DIABESITY
The Obesity-Diabetes Epidemic That Threatens America— And What We Must Do to Stop It
FRANCINE R. KAUFMAN, M.D.
Past President, American Diabetes Association

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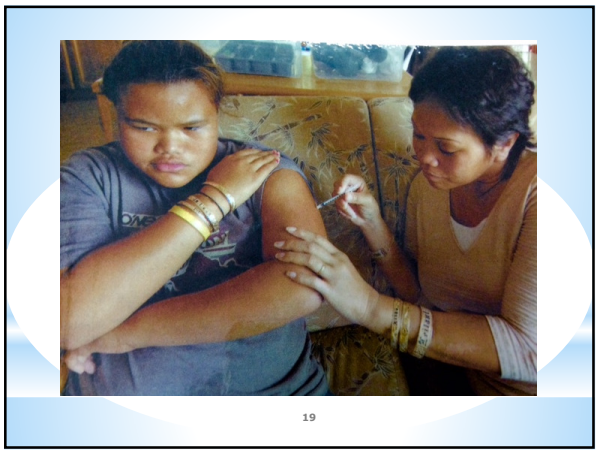

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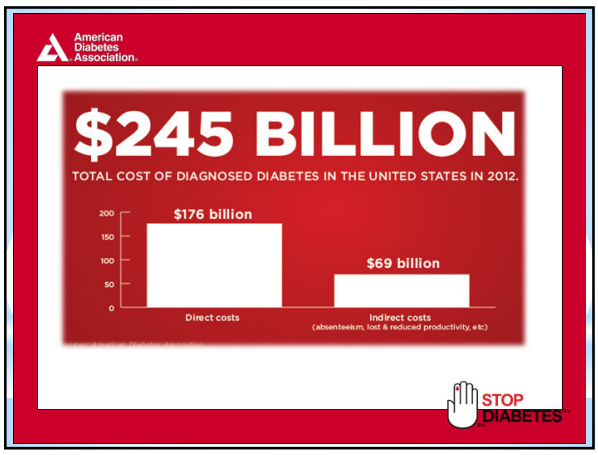
American Diabetes Association.
TODAY:
Diabetes will claim
200 LIVES
200 LIMBS
4,660
AMERICANS WILL BE DIAGNOSED WITH DIABETES
8.1 million
don't know they have diabetes
86 million
Americans have prediabetes
More than the population of the east coast from Connecticut to Georgia
Diabetes will cost America
$671 MILLION
in the next 24 hours
Join the Millions®
STOP DIABETES
American Diabetes Association.
STOP DIABETES®


American Diabetes Association.
$245 BILLION
TOTAL COST OF DIAGNOSED DIABETES IN THE UNITED STATES IN 2012.
200
150
100
50
0
$176 billion
$69 billion
Direct costs
Indirect costs
(absenteeism, lost & reduced productivity, etc)
STOP DIABETES®

## Risk Factors for Type 2 Diabetes

- *Overweight or obese
- *Sedentary lifestyle
- Family history of diabetes
- History of gestational diabetes
- Getting older
- Ethnic/racial background:
  - African American
  - Hispanic/Latino
  - Native American
  - Asian American/Native Hawaiian and other Pacific Islanders

*factors you control

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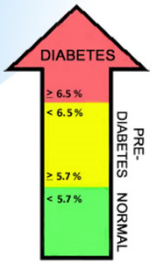
## What is Prediabetes?




- 1 in 3 American adults (79 million) have prediabetes
- Occurs before type 2 diabetes
- Blood glucose levels are higher than normal but not yet diabetes
- Most people with prediabetes don't know they have it

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## One way to Prevent and/or Manage Diabetes is by

## eating healthy.

**Studies have shown that losing just 7% of your body weight (if you are overweight) by proper diet and exercise, you decrease your risk of developing diabetes by almost 58%.**

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Across the United States[1]
Obesity is a chronic problem
20%–<25%
25%–<30%
30%–<35%
≥35%
Obesity is associated with multiple comorbid conditions[2–7]


CAUTION:
HAZARDOUS WAIST


OBESITY
is a Disease
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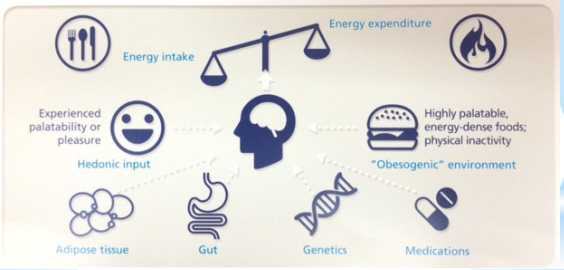
## Obesity is a complex and multifactorial disease[11-15]

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## EXPLORE

- Eating habits and preferences
- Stress
- Mood disorders
- Exercise activity
- Home and work environment
- Recreational activities

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## CONSIDER…..

The environment…..

The OBESOGENIC environment!!

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## OBESITY

- Food cravings
- Eating disorders
- Food addiction

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ABSOLUTES…

Can we be absolute about anything?

We can try…

- Juice
- Soda including diet
- High fructose containing corn syrup
- "Processed" foods

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## OBESITY

- Pharmacologic
- Educational
- Behavioral
- Bariatric

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## WHAT THE ENDOCRINOLOGIST HOPES FOR FROM THE DIETICIAN…..

- Awareness
- Mindful eating
- Reduce the excess
- Coach, Inspire & Motivate
- Empower
- Empathy

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## LOOK AT THE WHOLE PERSON

Tailor your counseling to the individual's needs:

- Medical concerns
- Schedule
- Activity
- Life-style
- Cultural background

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## PATIENT COUNSELING

- Keep it simple
- Use language that resonates
- Offer practical solutions/examples
- Pictures are better than words
- Explain why

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## REINFORCE THE MESSAGE…..

- Reduce excess
- Healthy meal planning
  Food labels/food groups
- Increase physical activity
- Healthy lifestyle

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## ENCOURAGE

- Keeping a diary
- Eat breakfast
- Keep moving
- Drink lots of water
- Get enough sleep
- Positive attitude
- Never give up

**GOOD HEALTH IS PRICELESS!**

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STEP OUT WALK TO STOP DIABETES
Saturday, March 19, 2016
Queen Kapiolani Park
American Diabetes Association.
STOP DIABETES
American Diabetes Association.


American Diabetes Association
NATIONAL
GET FIT
DON'T SIT DAY
GET UP & MOVE!
MAY 6, 2015
Take a step today toward a healthier you!
The American Diabetes Association recommends that everyone, including people with diabetes, limit the amount of time they spend sitting.
Get up and get moving at least every 90 minutes.
COMPANY ACTIVITY:
WWW.WELLNESSLIVESHERE.ORG
Date
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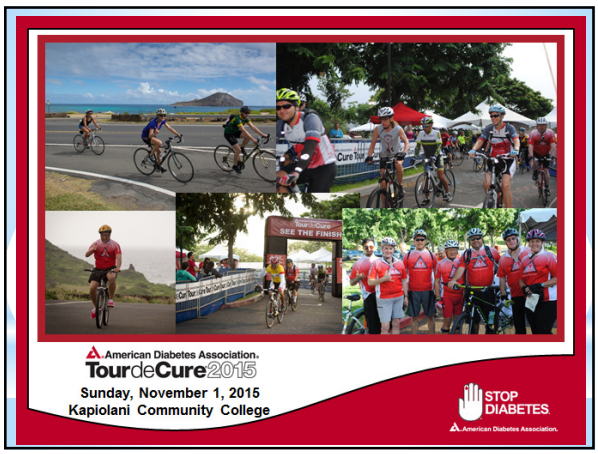
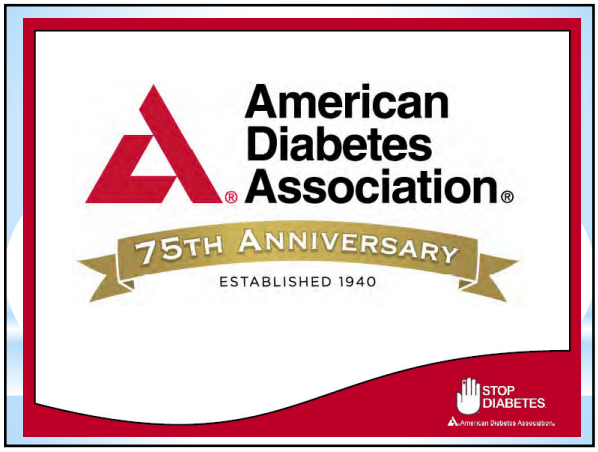
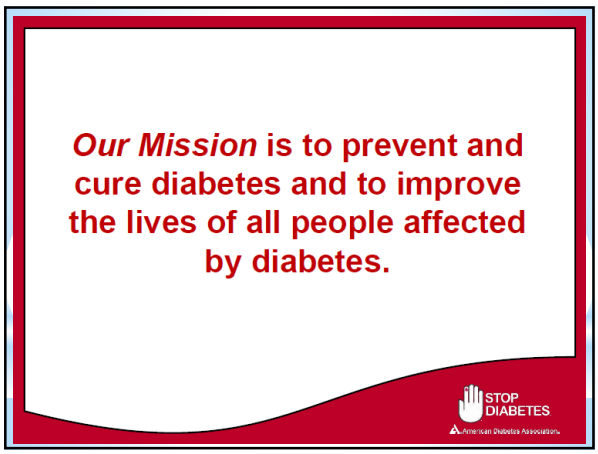

American Diabetes Association.
TourdeCure2015
Sunday, November 1, 2015
Kapiolani Community College
STOP DIABETES
American Diabetes Association.


STOP
DIABETES


American
Diabetes
Association®
75TH ANNIVERSARY
ESTABLISHED 1940
STOP
DIABETES


*Our Mission* is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.
STOP
DIABETES


TOGETHER WE CAN
STOP
DIABETES
American Diabetes Assoc
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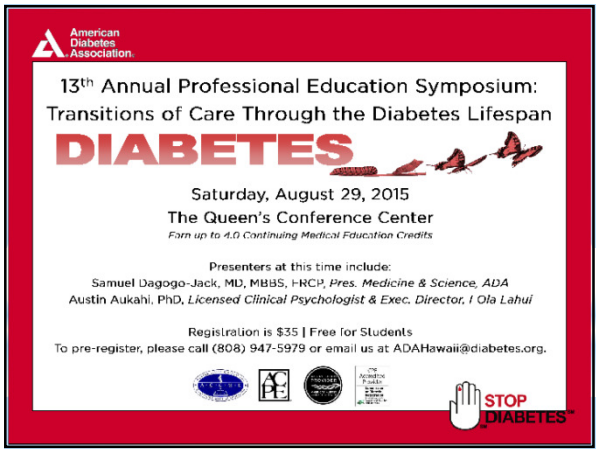
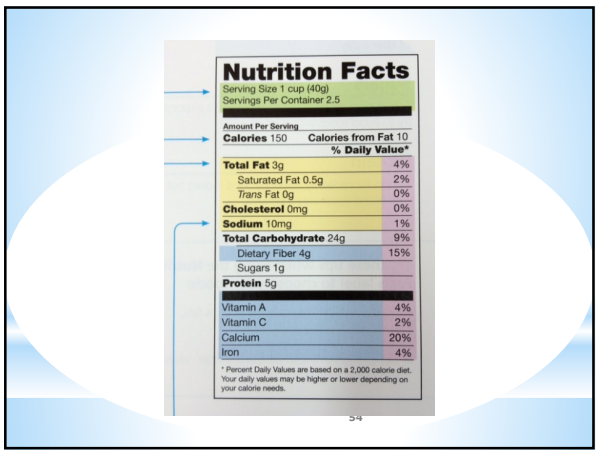

American Diabetes Association.
13th Annual Professional Education Symposium:
Transitions of Care Through the Diabetes Lifespan
DIABETES
Saturday, August 29, 2015
The Queen's Conference Center
Earn up to 4.0 Continuing Medical Education Credits
Presenters at this time include:
Samuel Dagogo-Jack, MD, MBBS, FRCP, Pres. Medicine & Science, ADA
Austin Aukahi, PhD, Licensed Clinical Psychologist & Exec. Director, I Ola Lahui
Registration is $35 | Free for Students
To pre-register, please call (808) 947-5979 or email us at ADAHawaii@diabetes.org.
STOP
DIABETES


Nutrition Facts
Serving Size 1 cup (40g)
Servings Per Container 2.5
Amount Per Serving
Calories 150
Calories from Fat 10
% Daily Value*
Total Fat 3g 4%
Saturated Fat 0.5g 2%
Trans Fat 0g 0%
Cholesterol 0mg 0%
Sodium 10mg 1%
Total Carbohydrate 24g 9%
Dietary Fiber 4g 15%
Sugars 1g
Protein 5g
Vitamin A 4%
Vitamin C 2%
Calcium 20%
Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
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Healthy Hawaii Daily Food Guide©
For Diabetes Meal Planning
Reprint with written permission
HAWAI'I NETWORK
F. HALE POND
Developed By
The American Association of Diabetes Educators
P.O. Box 923
Honolulu, HI 96809
Grains
Vegetables
Protein
Milk
Fruit

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# MAHALO!

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